

2017

JANUARY NEWSLETTER



Mountains & Meadows Pickleball Club

HAPPY NEW YEAR PICKLEBALLERS

Here we are - 2017 already!!

Meadows Valley High School ... Sunday nights 6.00/9.00pm. We've already had great attendance on Sunday nights. Additional nights will be added when school athletic schedule allows.

Clean, dry, non-marking shoes **a must!**

Early set-up at 5:40pm - assistance appreciated.

Cost ... The MVHS has been very accommodating in allowing us to use their gym during the winter months. To date we have relied on players to make voluntary donations which go towards the MVHS Athletic Program. In past years we have been able to support the school with generous donations. Recently we had 19 players and only \$15 in donations ... come on guys - that's not fair play when just a few players finance others. If we cannot obtain your support of \$5 per session, it may be necessary to instigate a mandatory play fee. Some players have donated \$100 for the season - how about you doing the same!!

Donnelly Bible Church ...

In addition to Tuesday nights there'll be a Special Event:
Pickleball & Pizza -Monday January 16 - 1.00/5.00pm

Note: Assistance appreciated in court set-up if you can make it 15 to 20 minutes early on any Tuesday night.

Please change into clean, dry, non-marking shoes before stepping onto the two marked gym courts.

Cost ... Voluntary donations appreciated - proceeds to go the DBC youth group.

Directions ... from McCall take Hwy 55 south to the south end of Donnelly - turn LEFT at the Stinker Station intersection - then take a quick right; one block on west-side will lead you to the front parking lot of the DBC.



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MARK YOUR CALENDAR
JANUARY

Weekly Events



Sundays

JANUARY 1st, 8th, 15th, 22nd, 29th
6.00-9.00pm at Meadows Valley High School

4.00-6.00pm Cascade (further information on website [NEWS](#) tab)

Tuesdays

JANUARY 3rd, 10th, 17th, 23rd, 31st
6.00-9.00pm at Donnelly Bible Church

Wednesdays

6.00-8.00pm Cascade (further information on website [NEWS](#) tab)

Questions

Laurie Janssen - Secretary/Treasurer
p: 208.315.5195
e: fourpjs@frontiernet.net

Kay Clark - Communications
e: mandmpickleball@gmail.com
w: www.mmpickleball.club



JANUARY 2017

Board & Coordinators

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Kay Clark

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Jack Bonawitz

Venue Coordinators

Donnelly Bible Church

Connie Heinzmann & Laurie Janssen

The Club at Aspen Village

Debbie Isley & Paul Christensen

Meadows Valley High School/45th Parallel Courts

Tootie Neeves, Cynthia & Art Peavey

Lutheran Church

Laurie Janssen

INJURY PREVENTION IN PICKLEBALL BY PAUL CHRISTIANSON

Practicing in Urgent Care as a Nurse Practitioner I treated sprains, strains and back pain often associated with "Weekend Warrior" athletics. Playing Pickleball once or twice a week we challenge our bodies to stresses which can increase the likelihood of sports injury. The key is to reduce the risk of injury with proper conditioning and by warming up our muscles and joints and stretching prior to stressing them reaching and hitting the pickle-ball. I suggest the following warm up which should take only 5 - 10 minutes prior to playing.

1. Walk the court for 2 minutes.
2. Lift arms above the head - to the sides - forward and repeat 5 times.
3. Bend slowly from the waist and repeat 5 times
4. Bend at the knees 5 times.
5. Stand at the baseline of the court and move quickly to

the kitchen line and move backward to the baseline and repeat 5 times.

6. Spend time with easy dinking and move back to the base line for longer strokes and take a couple serves.

I also suggest keeping well hydrated starting prior to activity and continue through the activity.

If you experience muscle pain after the activity ice for 20 minutes when you get home and continue every two hours over the next day with gentle range of motion between icing.

Warming up and stretching our body will prepare us for the physical activity to come, and where the likelihood of sports injury has been minimized as much as possible.

Paul



Pickleball - Winter 2017 Open Gym Pickleball Season

February 27- May 22
Barbara Morgan Elementary School
Gym
6:00-8:00pm
You pay \$4 at the door each time **OR**
\$40 for the whole season

Rules:

- Non-marking athletic shoes
- Help with set-up or take-down of net & lines
- Clean up after yourself
- NO open containers; waterbottles with lids
- NO food on courts

Need more information call Tara at 634-8968

Registration Status: Closed

Regular Registration: Monday, January 2, 2017 - Tuesday, May 23, 2017

Program Duration: Monday, February 27, 2017 - Monday, May 22, 2017

Regular Registration Cost: \$ 40.00



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2017 Lewis-Clark Valley Sunset Classic - May 6/7

As you start planning which pickleball tournaments you'll be attending in 2017, be sure to plan to attend the **2017 Lewis-Clark Valley Sunset Classic**. This inaugural event will take place on Saturday and Sunday, May 6-7, 2017 in beautiful Lewiston, Idaho. This tournament is limited to the first 100 people who sign up and will be a skill based tournament (3.0-5.0) in Men's, Women's and Mixed Doubles. There will be open play on Friday, May 5th.

Registration is now open at www.pickleballtournaments.com. Additional information is listed in the registration flyer (below) and on the www.mmpickleball.com website TOURNAMENTS tab. Please let us know if you have any questions by emailing us at tandcpickleball@gmail.com.

Tom Seale and Cary Dingman
Tournament Committee Chairs
Lewis Clark Valley Pickleball Club

Lewis-Clark Valley

Sunset Classic

Pickleball Tournament



The LC Valley Pickleball Club
invites you to the inaugural...

Lewis-Clark Valley
Sunset Classic
Pickleball Tournament!

May 6-7, 2017
Sunset Heights Park
2602 11th Avenue, Lewiston, ID

Registration Available
PickleballTournaments.com

Tournament Contacts:

Tom Seale and Cary Dingman
Email: tandcpickleball@gmail.com
Tel: (208) 413-4605
(Email is the best form of contact)



Lewis Clark Valley Pickleball Club

TOURNAMENT SCHEDULE:

Friday, May 5th	Open Play
Saturday, May 6th	Men's Doubles and Women's Doubles
Sunday, May 7th	Mixed Doubles

TOURNAMENT DETAILS:

- Round Robin Format | Maximum of 100 participants
- Skill Levels: 3.0, 3.5, 4.0, 4.5 and 5.0 | Non-Sanctioned
- Tournament committee may group skill levels if needed

REGISTRATION INFORMATION:

Registration Fee \$35.00 (one event) (Includes T-Shirt)
\$ 5.00 (second event)

Final Deadline Wednesday, April 26th
No partner changes or refunds after 4/26

LODGING INFORMATION:

A group block is available at the Quality Inn & Suites in Clarkston, WA at a reduced rate of \$105 (single) or \$115 (double) which includes breakfast. Rooms MUST be reserved by **April 5th** by calling (509) 758-9500 and asking for the **LCV Pickleball Tournament** block.
PLEASE NOTE: this is **WSU** graduation weekend and hotel rooms will be very limited.

Special Thanks to our Sponsors:

Edward Jones
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Larry Kopczynski

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More Indoor Courts

In addition to the "Friends of Cascade Pickleball" (refer [NEWS](#) tab on website) the McCall City Parks and Recreation will be offering Drop-In Pickleball on Monday nights commencing

February 27th through May 22nd.

Check the website: www.mccallrec.com

Players are to provide equipment - nets, balls and tiles to mark the courts - there is room for three courts.